

Factors Affecting Students' Spirituality

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Abstract: Spirituality is a person's belief in a greater power which is a source of strength for each individual so that it motivates individuals to get closer and creates love for themselves, others, God and the environment. The aim of the research was to determine the factors that influence student spirituality. The research design used in the research is an analytical design using a cross sectional approach. Sampling in this study used a simple random sampling technique with a sample size of 88 people. Data analysis using multiple logistic regression tests. The results of the research are factors that influence spirituality, namely one sub-variable that has the most influence on spirituality, namely the religious factor (p value=0.032<0.05). The religious factor has a B coefficient of 0.032 and an exp (B) of 3.9. This means that students with a religion factor of 3.9 times will have high spirituality. It is hoped that students will be able to increase their spirituality by being more self-reflective on the meaning of life, being able to have and adhere to their own beliefs which may be different from those of most people.

Keywords: spirituality, students.

Introduction

Students are individuals who are studying at a higher education level, either state or private or other institutions at the same level as universities. Students are considered to have a high level of intellectuality, intelligence in thinking and planning in acting. One of the drivers of high student intellectuality is spirituality (Novitasari, 2017). Spirituality comes from the word 'spiritus' which means the breath of life. Spirit is an invisible force that gives breath to life, brings life and gives energy. Spirituality becomes a core part and plays a role in the uniqueness of the individual and is united with transcendental values that provide meaning, connection and purpose in life (Moningka, 2018). The spiritual effects that occur due to learning on campus are certainly also important, interesting to know, and cannot be underestimated. The effects that occur can affect the survival of individuals, both in a positive or negative direction. If the spiritual condition increases, individuals will be mentally healthy and the quality of their religious experience will

increase. If the spiritual condition decreases, the impact can make individuals experience emotional easily, false beliefs, diminished sincerity, and mental disorders that lead to worsening health conditions.

Some factors that influence a person's spirituality include age, gender, religion and ethnicity (Adyatma et al., 2019). Research result The Last Supper (2020), said that there is an influence of spirituality on student learning motivation, the average spirituality score is 21.36% and is included in the high category. This shows that there is a positive and significant influence of Spirituality on Student Learning Motivation of 9.9%, meaning that changes in Student Learning Motivation can be explained by 9.9% by Spirituality. The Last Supper (2019) in his research shows that. Most of the students have a good level of spirituality (56.6%). The results mean that spirituality greatly influences loyalty and moral sensitivity towards patients because it affects emotions and empathy towards patients later, it can be said that there is a relationship between

spirituality and moral sensitivity of nursing students. The Influence of Spirituality on Empathy in Students at the time of the study, it was found that there was a positive relationship between spirituality and empathy, the higher a person's spiritual level, the higher their empathy. This shows that spirituality has an important role in increasing empathy in students (Djazilan et al., 2020).

A person's belief and faith is the faith that is held by both religious and non-religious people. By always remembering God in life, a person will feel peaceful and calm (Naftali et al., 2017). Guidance and counseling is a way to achieve spiritual goals, because in this way, a person certainly needs effort and cooperation to achieve individual development and life goals in order to be able to integrate values in life (Ardiansyah, 2018). The ability to love others and oneself is evidence of spiritual health.(Nurhayati, 2019). As a person grows older, they often introspect to enrich the values and concepts of divinity that have long been held and are meaningful. Establishing a relationship with life or values is one way to develop spirituality (Krisnayanti et al., 2019).

The initial survey conducted on 10 students, obtained data including 5 students said they were more focused on praying when there was a problem so that they felt an increase in spiritual life and faith. If there is a problem in life, they always share with fellow friends who are trusted, they feel that life is so meaningful and the surrounding environment always provides support through spiritual activities, some of them rarely pray or worship because they consider praying less supportive and helpful to their faith in interpreting life about spirituality, so they easily give up, easily feel stressed, pessimistic and less motivated in life.

Based on the data and background above, the researcher is interested in conducting research on the factors that influence student spirituality.

Material and Methods

The research used in this study is descriptive correlational using a cross-sectional approach which aims to determine the factors of age, gender

and ethnicity that influence the spirituality of students at the Santa Elisabeth Health Sciences College Medan. Sampling using simple random sampling technique with 88 respondents using a questionnaire. Data were analyzed using multiple logistic regression tests.

Results and Discussion

Table 1. Frequency Distribution of Demographic Characteristics of Students of Santa Elisabeth Health Sciences College Medan in 2024

Respondent Characteristics	Frequency (f)	Percentage (%)
Gender		
Woman	79	89.8
Man	9	10.2
Total	88	100
Age		
18 years	4	4.5
19 years old	32	36.4
20 years	48	54.5
21 years	3	3.4
23 years	1	1.1
Total	88	100
Religion		
Christian Protestant	62	70.5
Catholic	26	29.5
Total	88	100
Ethnic group		
Toba	56	63.6
Karo	9	10.2
Simalungun	6	6.8
Nias	17	19.3
Total	88	100

Based on table 1, it is obtained that the demographic characteristics of respondents in the gender category with the majority of female respondents as many as 79 respondents (89.8%) and the minority male as many as 9 respondents (10.2%). Based on the age of the respondents, the most were at the age of 20, as many as 48 respondents (54.5%) and the least were at the age of 23 years as many as 1 respondent (1.1%). Based on religion, the most respondents were Protestant Christians as many as 62 respondents (70.5%) and the least were Catholics as many as 26 respondents (29.5%). Based on ethnicity, the most respondents were Toba ethnicity as many as 56 respondents

(63.6%), and the least were Simalungun ethnicity as many as 6 respondents (6.8%).

Table 2. Frequency Distribution of Student Spirituality in 2024.

Respondent Spirituality	Frequency (f)	Percentage (%)
Low	27	30.7
Tall	61	69.3
Total	88	100

Based on table 3, the research results show that the spirituality of respondents in the high category was 61 respondents (69.3%) and the spirituality of respondents in the low category was 27 respondents (30.7%).

Table 3. Relationship between Age and Student Spirituality in 2024

Age	Spirituality						p-value
	Low		Tall		Total		
	f	%	f	%	f	%	
18 years	1	25.0	3	75.0	4	100.0	0.001
19 years old	11	34.4	21	65.6	32	100.0	
20 years	14	29.2	34	70.8	48	100.0	
21 years	0	0.0	3	100.0	3	100.0	
23 years	1	100.0	0	0.0	1	100.0	

Based on table 3 there is a relationship between age and spirituality of students of the Santa Elisabeth Medan Health Sciences College 2024, it was found that there were 3 out of 4 respondents (75%) who had an 18-year-old actor with high spirituality and an 18-year-old actor with low spirituality as many as 1 out of 4 respondents (25%). The 19-year-old age factor with high spirituality was 21 out of 32 respondents (65.6%)

and the 19-year-old actor with low spirituality was 11 out of 32 respondents (34.4%). The 20-year-old age factor with high spirituality was 34 out of 48 respondents (70.8%) and the 20-year-old actor with low spirituality was 14 out of 48 respondents (29.2%). The 21-year-old age factor with high spirituality was 3 respondents (100%) and the 23-year-old actor with low spirituality was 1 respondent (100%).

Table 4. Relationship between Gender and Student Spirituality in 2024

Gender	Spirituality				Total		p-value
	Low		Tall				
	F	%	f	%	f	%	
Man	3	33.3	6	66.7	9	100.0	0.001
Woman	24	30.4	55	69.6	79	100.0	

Based on table 4, there is a relationship between gender factors and the spirituality of students at the Santa Elisabeth Medan Health Sciences College 2024. It was found that there were 6 out of 9 respondents (66.7%) who were male with high

spirituality and 3 out of 9 respondents (33.3%) who were male with low spirituality. Females with high spirituality were 55 out of 79 respondents (69.6%) and females with low spirituality were 24 out of 79 respondents (30.4%).

Table 5. Relationship between Religion and Student Spirituality in 2024

Religion	Spirituality						<i>p-value</i>
	Low		Tall		Total		
	f	%	f	%	f	%	
Christian Protestant	23	37.1	39	62.9	62	100.0	0.001
Catholic	4	15.4	22	84.6	26	100.0	

Based on table 5, there is a relationship between religion and spirituality of students of the Santa Elisabeth Medan Health Sciences College 2024. It was found that 39 out of 62 respondents (62.9%) were Protestant Christians with high spirituality

and Protestant Christians with low spirituality were 23 out of 62 respondents (37.1%). Catholics with high spirituality were 22 out of 26 respondents (84.6%) and Catholics with low spirituality were 4 out of 26 respondents (15.4%).

Table 6. Relationship between Ethnicity and Student Spirituality in 2024

Ethnic group	Spirituality						<i>p-value</i>
	Low		Tall		Total		
	f	%	f	%	f	%	
Toba	17	30.4	39	69.6	56	100.0	0.001
Karo	3	33.3	6	66,76	9	100.0	
Simalungun	2	33.3	4	6,7	6	100.0	
Nias	5	29.4	12	70.6	17	100.0	

Based on table 5.6, there is a relationship between ethnicity and spirituality of students of the Santa Elisabeth Medan Health Sciences College 2024. It was found that there were 39 out of 56 respondents (69.6%) of the Toba tribe with high spirituality and the Toba tribe with low spirituality as many as 17 out of 56 respondents (30.4%). The Karo tribe with high spirituality was 6 out of 9 respondents (66.7%) and the Karo tribe with low

spirituality was 3 out of 9 people (33.3%). The Simalungun tribe with high spirituality was 4 out of 6 respondents (66.7%) and the Simalungun tribe with low spirituality was 2 out of 6 respondents (33.3%). The Nias tribe with high spirituality was 12 out of 17 respondents (70.6%) and the Nias tribe with low spirituality was 5 out of 17 respondents (29.4%).

Table 7. Results of Multiple Logistic Regression Analysis on Student Spirituality in 2024

Variables	Grade B	P Value	Exp(B)	CI 95% EXP (B)	
				Lower	Upper
Age	0.170	0.639	1,186	,582	2.415
Gender	0.447	0.573	1,564	,330	7.402
Religion	1,378	0.032	3.967	1,125	13,989
Ethnic group	0.177	0.406	1,194	,786	1,814
Constant	-2,515	0.282	0.081		

The results of the multiple logistic regression test analysis show that the variable that most

influences the spirituality of students at the Santa Elisabeth Medan Health Sciences College in 2024 is

the religious factor. Based on the results of the multiple logistic regression analysis, it was obtained that the religious factor variable with a regression coefficient value (B) of 3.967, the positive value of the religious factor variable indicates that the variable has a unidirectional (positive) influence on the spirituality of students at the Santa Elisabeth Medan Health Sciences College in 2024.

Factor Age, Gender, Religion and Ethnicity Influence the Spirituality of Students of the Santa Elisabeth Medan Health Sciences College in 2024

Spirituality is a relationship that has dimensions and plays a role in maintaining harmony and balance with the outside world, dealing with emotional stress, physical illness and death. (Naftali et al., 2017), not only religious practice, but also shows the meaning and purpose of life beyond the material. Spirituality includes a series of meanings of aspirations, compatibility, vision, beliefs, and meaningful conditions, becoming an inseparable element of human life in facing challenges. (Tabei et al., 2016).

Spirituality begins when children learn about themselves and their relationships with others or fellow human beings, beginning with concepts of divinity or values, such as through their home environment or religious community (Damar Aditama, 2017). The concept of spirituality can also be interpreted as a process of searching for the meaning of life. The cognitive development of students is said to be mature when entering Piaget's formal operational stage, where students are able to consider many views and reflect on their thinking processes, which should enable students to understand the meaning of life and their spirituality (Prasetyawati & Virilia, 2019).

Based on the results of multiple logistic regression tests, it shows that the variable most related to the spirituality of students at the Santa Elisabeth Medan Health Sciences College in 2024 is the religious factor with a coefficient value of B of 0.032 and exp (B) of 3.9. This means that students with a religious factor of 3.9 times will have high spirituality.

Spirituality is a psychological state in itself as an effort to improve the relationship with God

without judging the individual as a good or bad person. Spirituality is characterized by self-awareness of the existence of a greater power that can control the universe so that all living things depend on it (Novitasari et al., 2017).

Results Research shows that religious factors are the variables that most influence spirituality, this is related to the individual's relationship with God. Spirituality is used to describe the inner experience that drives individuals or as motivation to get closer to God and to gain a more meaningful experience in life (Wilujeng, 2019).

The results of the study conducted on students of the Santa Elisabeth Medan Health Sciences College on factors that influence spirituality, where the strongest factor is the religious factor. This is because students believe that God cares about the problems they face, students always ask for God's help in every daily activity, students also feel God's love directly, and diligently pray every day so that these students do not easily give up and remain enthusiastic in living their daily lives.

Conclusions

Based on the results of research and analysis of factors related to the spirituality of students at the Santa Elisabeth Medan College of Health Sciences in 2024, it can be concluded that religious factors are a strong factor that influences the spirituality of students at the Santa Elisabeth Medan College of Health Sciences in 2024.

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